Промінь

Promin

Чому тримати свій город?

Why garden?

УПЦК

UOCC

Музей Музикальних Інструментів

Museum of Instrumental Music

Союз Українок Канади

April 2015/May 2015 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік *LV*
квітень - травень 2015

Редакційна Колегія
Джералдін Наконечна
Референтка Променя
Карла Козак
Редакторка - Леона Бриджес
Формат - Добр. Ірина Гоган

Річна передплата в Канаді $25.00
Одне число - $6.00 (Включає GST)
Передплата до інших країн
CAN$35.00

Редакція застерігає собі право скорочувати та поправляти надіслані матеріяли

PROMIN
10611 – 110 Avenue
Edmonton AB Canada
T5H 1H7

PROMIN
Published bi-monthly by the
UKRAINIAN WOMEN'S
ASSOCIATION OF CANADA
VOL. *LV*
April - May 2015

Editorial Committee:
Dr. Geraldine Nakonechny, C.M.
Chair, Promin Editorial Board
Carla Kozak
Editor - Leona Bridges
Layout - Dobr. Erin Haugen

Subscription in Canada - $25.00
Single copy - $6.00 (GST is included)
Other Countries - $35.00 (CF)

The editors reserve the right to edit submitted materials

Administrator - Carla Kozak
Telephone 780-456-4141
promin@uwac-national.ca

Publication Mail Registration No. 09580
International Standard Serial number
ISSN 038021-40
Agreement No. 40011733

ЗМІСТ
Contents

1 Редакційна .... Editorial
4 Вісті від голови централі .... News from the National President
5 Слухаємо своїх читачів! .... Letters to the Editor
8 Рідне Слово .... Our Mother Tongue
10 Сучасні Святі .... Saints who Speak to us Today
12 Любимо свій город .... For the Love of Gardening
15 Майбутність УПЦК .... The Future of the UOCC
18 Спомини Канадського Великодня .... Ukrainian Easter in Canada
20 Новини відділів .... News from our Branches
28 У кухні .... In the Kitchen
34 Квіти Незабутнім .... In Memoriam
37 Увага художниці .... Artist in the Spotlight

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.

Canada

Союз Українок Канади
Ukrainian Women's Association of Canada
National Office
10611 - 110 Avenue
Edmonton AB T5H 1H7

РЕДАКЦІЙНА

Дорогі Читачі!

Недавно я отримала нижче поданий вірш написаний Миколом Латишком. Очевидно, він не зрозумів тему моєій минулої редакційної ані місію журналу "Променя".

ЧУЖИЙ "PROMIN " (sic)
(Feb/Mar 2015 Issue)

Засвітив мені ваш "Промінь"
Просто в очі вранці.
Я подумав – прочитаю
Щось моїй коханці.
Бо ж вона новоприбула
Зі " Старого Краю ",
Чи з Донецька , чи з Луганська,
Я точно не знаю .
По Англійськи ще не знає
І не розуміє.
Про Луганщину ще дбає
Руську - розуміє .... .
Там Російська , тут Англійська,
А де ж УКРАЇНСЬКА?!!!
Вона мене запитала
І плакати стала .
Ти ж казав тут Українці
По Вкраїнськи пишуть,
І газети і журнали ,
Які ледве дишуть .... .
А що ж я тут прочитаю
В своїй рідній мові ?!
Я тебе ще раз питаю
В цій нашій розмові .
Дописався журнал "Промінь "
До самого краю ,
Бо вже чути лише гомін ,
Зі " Старого Краю " .
Все в журналі по Англійськи ,
Щоб всі зрозуміли .... !
Вже не пишуть по Вкраїнськи ,
Щоб діти не вміли !!!
"NOTES ON LANGUAGES "
друкують
Пояснити ж треба... ,
По Вкраїнськи вже не вміють ,
Не вміють ? Й не треба !
Пояснюють читачам ,
"WHY LANGUAGES DIE "?
Чи не сором вам паням ?
Бог вас покарає !
Чи хтось все те прочитає ,
З " Четвертої Хвилі " ?
"Промінь" вже цілком не дбає ,
Бо їм ТІ , не милі ... .
Ну , ще є хоч " Редакційна "
В Українській мові ,
Хоч вона й не ОФІЦІЙНА ,
Лише для розмови ... .
"Редакційна " й вірш Шевченка ,
То не вистачає !!!
Є і Стус і Симоненко ,
Чи хтось про них знає ?
А для чого назва " Промінь",
На тій палітурці ?
Замість проса - дрібний
камінь ,
Як тій сліпій курці ?!
Запитала мене знову,
Та моя кохана ,
Про Вкраїнську гарну мову
Й дала мені догану .
Може б ти їм написав ?
Ти ж поет - всі знають !
Ти мені про те писав .
Чи вони не дбають ?
Напишу , напишу ,
Моя дорогенька ,
І ласкаво попрошу-
УКРАЇНСЬКУ ПОЛЮБІТЬ !
Мова ж наша Ненька !
В Українському журналі
Пишіть по Вкраїнськи !
Повдягайте всі коралі ,
Ви не є Англійки !

Так оце я й написав .

Замітка редакторки: Я поправила слова "пояcняють" та "покарай". Лишила "по вкраїнськи", хоч, по мойому, це повинно бути "по-українське" або "по-українському".

Далі, пан Латишко не бажає ніякої відповіді на його "коментарі". Ми "пані" повинні мовчки прийняти його палку критику! Га! Невже?!

Має рацію, що цими днями журнали й газети ледве дишуть. Через останній рік, ці "пані", яких він не поважає, вирятували журнал "Променя" від загибелі. У останньому числі "Променя" я нарахувала п'ять з половиною сторінок написано по-українському. Чи він їх всіх прочитав? Знайшов тільки одну помилку!

Мене критикує за редакційну. Хоч мій стиль розмовний, я в ньому благаю українців підтримувати один одного, обнімити найменшого брата. А пан Латишко, навпаки, його карає.

Пан Латишко народився на Вкраїні. Я народилася в Канаді й я ніяка англічка! Я канадка українського походження. Мої батьки народилися в Канаді. Моя Бабця Фарина мала чотири рочки коли приїхала до Канади. Я навчилася української мови й далі вчуся й зберегла її хоч рідко маю нагоду говорити нею. Я зауважила, що переважна більшість новоприбулих українців говорять по-російське між собою. А переважна більшість Союзанок говорять англійською!

Я понад сорок років віддана за канадця англійського й ірляндського походження. Він не тільки вміло говорить англійською мовою, але також французькою. Між собою, ми часто розмовляємо нею. Але я завжди пригадую собі, "Учітеся, брати мої, думайте, читайте і чужого научайтесь, свого не цурайтесь!"

Цим я Вас запевняю, пане Латишко, що такі як я, дуже любимо українську мову. Шкода, що більше наших читачів не написують нам статті, тощо, по-українське. У нас невеликий бюджет і ми друкуємо те, що подадуть нам добровільні письменники. Заохочую Вас та інших ділятися з нами! Надійшліть нам матеріяли! Я радо їх надрукую!

У цьому числі, у частині "Рідні мові" знайдете оригінальний вірш Олі Горегляд про День Матері. Насолоджуйтеся!

З пошаною до Всіх наших читачів (і до критичних!),

Леона Фарина Бриджес, Редакторка

Замітка редакторки: ПОМИЛКА! У останньому числі "Променя" наголовок на сторінці 18-ій повинний бути "Ушанування Голодомору" замість "Святкування Голодомору". Перепрошую!

Cover image by Leona Faryna Bridges: "Lilies" Winnipeg, Assiniboine Park 2010
Back cover image by Larysa Eliuk Matchak: "A Garden of Poppies" Acrylic on Canvas

Editorial

Dear Readers,

I was somewhat taken aback by a clever poem written by Mykola Latyshko of Toronto and submitted to Promin by email a few weeks ago. You will find it published in full in the Ukrainian version of this issue's editorial. It expresses the view of a minority of readers, many of whom do not understand that Promin is a bilingual magazine, not a Ukrainian-language one. It is published in Canada for members of the Ukrainian Women's Association of Canada. The majority of those members are English speaking and, over the years, we have had more than one request to publish the magazine entirely in English.

I believe that we should make an effort to publish at least a portion of the magazine in Ukrainian, as one of our Association's mandates is to encourage the preservation of the Ukrainian language. I have provided Ukrainian text and exercises in an attempt to have readers use our magazine to improve their Ukrainian-language skills. Please refer to the June/July 2014 issue. I have also suggested that new immigrants use our magazine to improve their English. I am constantly striving to present literate forms of both languages to my readership.

Mr. Latyshko accuses the Editorial Board of Promin of justifying its use of English by publishing the article on Language Death (February/March 2015). It is evident that he read only the first half of the article. The last half is devoted to actions we should take to save the Ukrainian language!

Our volunteer contributors send in the material we publish. Sadly, there are few contributors who submit Ukrainian language material. I would encourage Mr. Latyshko and others who write fluently in Ukrainian to submit their work to me. I would be delighted to publish it.

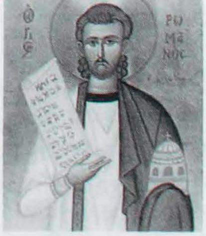
What are your views on this subject?

Respectfully yours,
Leona Faryna Bridges

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

Alberta Benevolent Cantor Association
11837 – 66 Street
Edmonton, Alberta T5B 1J2
Telephone (780) 990-0019
info@albertacantors.ca
www.albertacantors.ca



St. Romanus, the melodist

DEADLINES!

Please note that the deadline for submissions for our June / July issue is

April 20, 2015.

Future submission deadlines will fall <u>on or around the 20th of every second month</u> should you wish to plan accordingly.

For more information contact: bridgesl@telus.net

News from Geraldine Nakonechny, UWAC National President

ХРИСТОС ВОСКРЕС!
ВОІСТИНУ ВОСКРЕС!

CHRIST IS RISEN!
INDEED HE IS RISEN!

On the occasion of the Feast of the Glorious Resurrection of our Lord Jesus Christ, the members of the National Executive of the Ukrainian Women's Association of Canada extend very warm and sincere greetings to you the readers of Promin. We warmly greet our Church Hierarchy and Honoured Clergy who provide spiritual council and guidance.

May the joy of Christ's Resurrection bring you inner peace and fill your heart with Christian love. We pray that the Lord and Saviour Jesus Christ will grant us good health, wisdom and spiritual strength to accomplish worthwhile goals.

З нагоди Великого Свята Воскресіння Христового, Крайова Управа Союзу Українок Канади сердечно вітає Всіх Ієрархів, Всечесніше Духовенство, та читачів журналу Промінь! Бажаємо всім вам веселих свят, кріпкого здоров'я та постійної духовної насолоди.

Plan to attend the 59th Biennial Convention of Ukrainian Self-Reliance League, August 05 – 09, 2015 in Calgary Alberta.

The conference will be held at the Coast Plaza Hotel and Conference Center. Registration deadline is June 30, 2015. Complete registration information is available from UWAC National office or web www.usrl-cyc.org

Our organizations face challenges, some similar and others unique to our community. At this convention, you will have an opportunity to step back and gain some new ideas and perspectives on renewing our organizations. The keynote speaker on Thursday, August 6 will address what we can learn from other cultures and how we can build and sustain our culture, while inspiring and attracting new members. Following the keynote address, you will have the opportunity to dialogue with members of the CYC family and develop an action plan relevant to your community. The all day session will be inspiring, thought provoking and meaningful.

The theme of this year's convention is "Together As One". We are very pleased that all CYC organizations attending the convention will hear the keynote address and participate in the interactive workshop following the keynote address.

We look forward to representation from every branch. Your presence and participation is important. All branches can send at least two delegates. Larger branches follow a formula of one delegate for every 25 members after the first 10.

Please plan to attend this convention. Together we can make a difference!

Reminder to all UWAC Branches

In preparation for the Biennial Convention please forward to the National Office by May 1 the following:

- Branch reports for 2013 – 2015 for placement in Convention booklet
- Suggestions for resolutions
- Anketa with complete membership list.

Mothers' Day

It is at this time of year that we in Canada celebrate Mothers' Day – a time to give thanks to those women who have given us life, and who have nurtured and taught us. Let us remember in prayer the efforts made by our grandmothers and mothers to secure a better future for us. Let us also remember the women who have given unselfishly to establish and maintain our organization. We express gratitude and appreciation to the many women who continue to give generously of their time and talent to fulfill the goals of the Ukrainian Women's Association of Canada in their region. May God grant you good health and much joy and satisfaction in the vital work that you do throughout the year.

Geraldine Nakonechny

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Dear Editor and Ladies of the Editorial Board,

I just have to tell you how much I look forward to receiving and reading Promin. I love the new layout and the variety of articles.
I'm delighted at the involvement of the local ladies and am especially proud of Dobrodijka Erin, who was raised at my church. Thank you for your great work!
I'm enclosing a donation to help support your efforts.
Best wishes,

Mary Shewchuk,
Edmonton, AB

Шановна Редакціє,
Пересилаю до друку "Променя" вірш "День матері", якщо буде узгоднена Редакцією. А також шлю чек на фонд "Променя". Вітаю за гарні видання в "Промені".
Щасти Боже!
З пошаною,

Оля Горегляд,
Ошава, Онтаріо

I look forward to your publication every time I receive it. The new format is esthetically pleasing and encourages us to read Promin from cover to cover. Many thanks,

Orrasia Mabbutt,
Winnipeg, MB

I have been getting the "Promin" for fifty years and thought I would discontinue after this year. Your February/March issue so impressed me with all its interesting articles, that I decided to continue receiving your "Promin"!

Elsie O. Kubow,
St. Catharines, ON

Enclosed is my renewal for Promin for two years, plus a donation. Keep up the good work!

Helen Scherbluk,
Etobicoke, ON

My mother enjoys reading every Promin and just celebrated her 89th birthday! We now share a copy.

Irene Lind,
Ottawa, ON

We are certainly enjoying the new look and contents of Promin. Congratulations to the editor and staff!

Kay Hobden,
Treasurer, UWAC
St. John's Cathedral Branch,
Edmonton, AB

Дорога пані Редакторка,
Залучаю чек на передплату "Променя" та на пресовий фонд "Променя".
З пошаною,

пані Надя Мекдоналд,
Калгарі, Альберта

Dear Madam,
Please find enclosed a cheque to cover my renewal and a donation in memory of the late Marusia. God grant you good health to continue publishing Promin for present and also for future generations. Take care, stay well and God bless,

Rev. Eugene Stefaniuk,
Osoyoos, BC

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

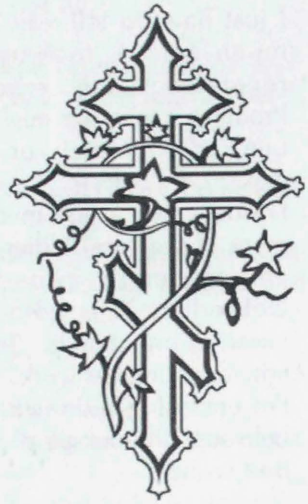
DONATIONS

Easter Greetings

- O. Pchilka Br. UWAC, Aylsham-Codette, SK $100
- St. Olha Br. UWAC, Vernon, BC $50

Donations

- Gladys Andreas, Surrey, BC $100
- Anna Boychuk, Weston, ON $5
- Alice Chayka, Saskatoon, SK $75
- Amelia Chucko, Surrey, BC 75
- Roma Gauk, Edmonton, AB $50
- Olga Goreglad, Oshawa, ON $20
- Cecilia Kachkowski, Saskatoon, SK $25
- Mary Kostiuk, Ottawa, ON $5
- Lena Kotak, Gilbert Plains, MB $10
- Anne Kotyshyn, Vegreville, AB $20
- Nadine McDonald, Calgary, AB $50
- Anne Moskaluk, Etobicoke, ON $20
- Helen Scherbluk, Etobicoke, ON $50
- Mary Shabotynski, Etobicoke, ON $10
- Mary Shewchuk, Edmonton, AB $50
- Lillian Skoretz, Buchanan, SK $5
- Gloria Smoliak, Colorado Springs, CO $10
- Caroline Tokarik, Kelowna, BC $25
- L. Ukrainka Br. UWAC, Edmonton, AB $500
- O. Kobylianska Br. UWAC, Chilliwack, BC $50
- O. Kobylianska Br. UWAC, Saskatoon, SK $500



Donations in Memory of...

- Mary Domytrak (Feb 1, 2015), $25 from O. Pchilka Br. UWAC, Yorkton, SK
- Merle Maximiuk (1946-2014), $25 from O. Pchilka Br. UWAC, Yorkton, SK
- Anne Proniuk, $100 from Kathleen Yuzda, Edmonton, AB
- Mary Rozak, $65 from William Rozak, Redwater, AB
- Walter Rudko, $25 from Jean Rudko, Edmonton, AB
- Annie Samcoe, $100 from Emilia Samcoe, Saskatoon, SK
- Marusia Stefaniuk, $25 from Father Eugene Stafaniuk, Osoyoos, BC
- Doris Sturby, $100 from Angie Dowling, Sudbury, ON
- Nick Tarnowetz (Jan 19, 2012), $50 from Francis Tarnowetz, Edmonton, AB
- Olga (Krawchuk) Wiwchar (her bridesmaid and life-long best friend), $200 from Eugenia Maleschuk Powers
- Mary Hladiuk Bodykevich (nee Manchulenko) (1924-2015), $25 from Lesia Ukrainka Branch, UWAC, Winnipeg, MB
- In Memory of Zenovia Sakowsky:
  $100 from St. John's Cathedral Br. UWAC, Edmonton, AB
  $100 from D. Ohienko Br. UWAC, Athabasca, AB with thanks to God for her work in setting up that branch

May their memory be eternal!

*Великодній ранок**

У чорні звої оксамиту
Ховала ніч останки зір,
Ударив дзвін! І нишком, скрито
Вона втекла в безодні гір.

Ударив дзвін! І зорі-перли
Посипались на небозвід,
Плакучі верби сльози втерли
Та з усміхом глядять на світ.

- Що сталось? – дивується море...
- Це свято свят, вершок чудес, -
Звіщає сонце, - щезло горе.
Пропала смерть! Христос Воскрес!

- Христос Воскрес! - озвались гори.
- Воістину! - гримить з небес.
Захвилювалися простори,
Відгукнулись: - Воскрес, Воскрес!

Збудились люди – сонце, радість...
Спросоння думають: - Невже ж?
Мов ніч минула злоба й зависть, -
Голосить дзвін, - Христос Воскрес!

На вулицях товпи народу,
Барвисті строї, писанки...
Дівчат співучі хороводи.
Приготовляють гагілки.

Старенька церква оживає,
Блистить в іконах золота,
А над усім райдужно сяє
Любов Воскреслого Христа.

Євген Крименко

* Вірш передрукований із журналу
"Жіночий Світ" квітня-червня, 2007 р.

Шлемо наші найщиріші вітання і побажання членкам і управам Союзу Українок Канади і братнім організаціям та всім прихильникам українського духу.

St. Olha Branch UWAC,
Vernon, BC,
Sophia Kniaz, President
Gail Chez, Secretary
Pauline Kindrachuk,
Promin Convenor

Olena Pchilka Branch of the
UWAC in Yorkton, SK
Natalie Heshka, President
Iris Heshka, Treasurer
Olecia Pitts, Promin Convenor

Christ is risen! Truly He is risen!
Христос воскрес! Воістину воскрес!

Рідне Слово

Замітка редакторки: Старайтеся прочитати цю статтю в українській мові. Тоді, прочитайте англійську версію. Або робіть навпаки. Таким способом поліпшите свою англійську або українську!

ВІДВІДУЮЧИ МУЗЕЙ МУЗИКАЛЬНИХ ІНСТРУМЕНТІВ У ФІНИКС, АРИЗОНІ, США

У місяці лютім, я мала нагоду відвідувати Музей Музикальних Інструментів в Фiникс, Аризоні, де несподівано попала на широку виставу музикальних інструментів України. При цій виставі були дійсні експонати багатьох традиційних українських інструментів.

Музей великий та модерний на два поверхи. Його відкрили 2010 року в Скоцдейл, пригород Фініксу. Треба було би присвятити кілька днів, щоб побачити ввесь музей, бо він найбільший такий музей у світі. У ньому знаходяться понад 15,000 інструментів. За три годині, я встигнула побачити інструменти трьох континентів—Канади, США та Европи.

Кожна частинка вистав включає одного або двох телевізорів по яких видно та чути різні уривки музикальних точок, відзеркалюючи певний(і) інструмент(и). Гості носять навушники й тримають у руці апарат, який "розмовляє" з кожним телевізором окремо. Свобідно прогуляється через музей, слухаючи кожного типу музики, що хочете, без того, щоб турбувати інших гостей.

При українській виставі, бачимо такі експонати: бандуру, дуду, сопілку, мандоліну, трембіту, ліру, ріг, цимбали, громовицю й зозульки. По телевізорі бачимо, між іншим, Капелю Бандуристів, яка співає та грає "Грай Кобзарю" та групу Гуцулів, які грають на трембітах. Шкода, що фундаторі Музею не вважали, що людський голос—музикальний інструмент! На жаль, у цій виставі бракує прикладів нашої чудової церковної та свідської хорової музики.

Усе одно, пропоную всім, а особливо "сніг-птахам" (snowbirds), відвідувати цей цікавий музей!

Леона Бриджес

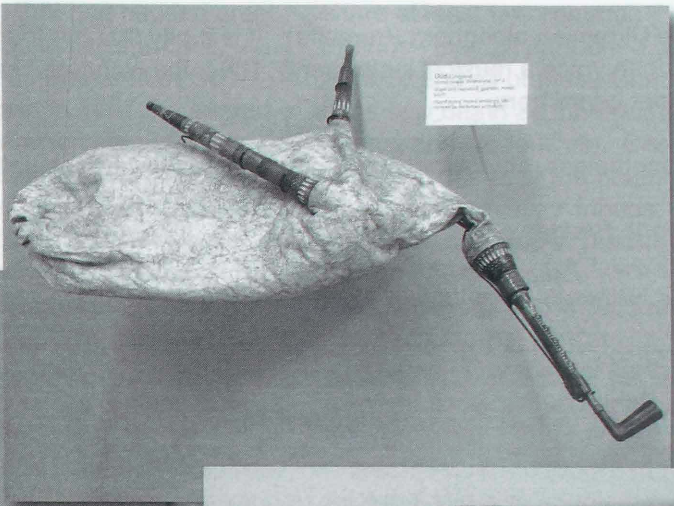
Для дальшої інформації, відвідуйте www.mim.org.

EDITOR'S NOTE: Improve your Ukrainian or English by reading this text followed by its Ukrainian equivalent or vice versa.

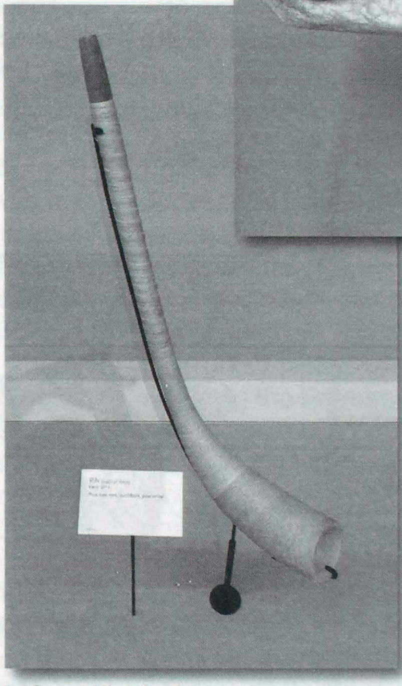
VISITING THE MUSEUM OF INSTRUMENTAL MUSIC IN PHOENIX, ARIZONA, USA

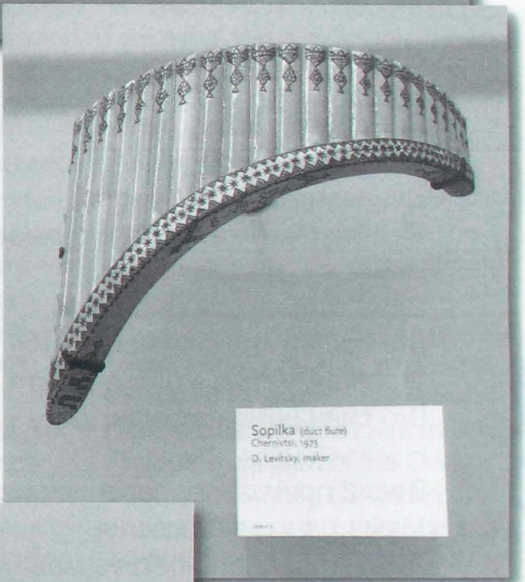
This past February, I had the opportunity to visit the Museum of Instrumental Music in Phoenix, Arizona, where I happened upon

a display of the musical instruments of Ukraine. On display were a number of traditional Ukrainian instruments, actual historical artifacts.



The Museum is a huge, modern two-storey structure. It opened in 2010 in Scottsdale, Arizona, a suburb of Phoenix. To visit the entire museum would take a few days, as it is the largest such museum in the world. It holds more than 15,000 musical instruments. During the course of three hours, I was able to view the musical instruments of three continents—Canada, the U.S.A. and Europe.





Each section of each exhibit has one or two television monitors, which permit one to view and listen to several musical numbers featuring the instruments found in that particular exhibit. Visitors wear headsets and carry a device that communicates with each individual television monitor one at a time. They can wander around the museum at will, listening to the type of music they wish without bothering fellow visitors.

Clockwise from top: *Duda* (bagpipe), *Sopilka* (duct flute), *Lira* (wheel fiddle), *Rih* (natural horn)

The Ukrainian display featured the following: the bandura, the duda (bagpipe), the sopilka (pipes or flute), the mandolin, the trembita (alpenhorn), the lira, the horn, the dulcimer, the cog rattle (which replaced bells during Lent) and vessel flutes. The television monitor featured, among other things, the Ukrainian Bandurist Choir playing and singing “Play O Kobzar” and a group of Hutzuls playing

Opposite: Ukraine Exhibit

the Ukrainian alpenhorn (trembita). It is a pity that the founders of the Museum did not consider the human voice a musical instrument! Thus, the wonderful sacred and secular choral music of Ukraine is not heard here.

Nonetheless, I highly recommend a visit to MIM—especially to the snowbirds among us.

Leona Bridges

For further information, visit www.mim.org.

День матері

Складаємо шану рідним мамам,
Як і належиться в житті всім нам.
Від колиски й ціле життя,
Радіти, вчитись, молитись щодня.

Вона готова, щаслива нині,
Що посвятила свій час дитині.
У серці мужньо може спочити,
Що син і доня слухняні діти.

Весна прикрасна, сонечко гріє.
Мама радіє, як та лелія.
Життя невпинно летить мов птиця.
Вдячність Богові з цілого серця.

Співаймо, любімо свою неньку,
За доброту, та ласку гарненьку.
Віддаймо їй шану, за всі труди,
Бо її діти—добрі люди.

Оля Горегляд, січень 2015 р.

SAINTS WHO SPEAK TO US TODAY

"Pray for those who ... persecute you"

As I write this, a newsman is commenting on the beheading by Islamic extremists of 21 Coptic Christians in Libya. The first reports reminded me of the martyrdom at Carthage of Terence and the 39 with him on April 10, 250 A.D. The Roman Emperor Decius decreed a major persecution of Christians, and many Christians were dying for their faith at that time. As these 40 marched to their execution, they sang psalms and hymns of thanksgiving for, having gone through persecution and torture, they were about to receive the precious crowns of martyrdom.

But, in looking for information to refresh my memory about the Holy 40 of Carthage, I also

found information about other martyrdoms that occurred on April 10; and I wish to share them with you, my sisters in Christ, for a special reason.

In the year 1615, in the mountains of David-Garejeli in Georgia, 12 ancient monasteries housed about 6,000 monks. Shah Abbas had invaded Georgia and had laid waste to the towns and villages in a large portion of the nation, killing all the people. While he was out hunting one morning, he saw the light of hundreds of candles moving on a nearby mountain - the candles of the monks in procession around the Church of the Resurrection on Easter morning. Abbas ordered that they all be beheaded at once. Some say an angel informed Abbot Arsenius about the coming attack. After choosing one messenger to go to King Archil, the Abbot informed the other monks; and they all sang the Divine Liturgy, receiving Holy Communion and preparing for death with prayers and words of love for each other. A few days later, King Archil's forces gathered their remains and buried them; and even today, the monks' relics exude the fragrance of myrrh.

In 1785, Bishop Gregory became Archbishop of Smyrna, Greece. A pious and humble man, he once came down from the hierarchical throne at the beginning of the Divine Liturgy, prostrated himself before the congregation and asked forgiveness for having made a decision that had caused great dissention in his churches. Elected as Patriarch of Constantinople in 1797, he served at a time when some Greeks were working toward full rebellion against the Ottoman Turkish Empire of which Greece was a part. Under Turkish rule, the Patriarch was the secular ruler of the Greeks and was bound by oath to respect the authority of the Sultan; and Patriarch Gregory firmly opposed any revolutionary actions by his people. Nevertheless, when Greek revolutionaries declared independence from Turkey on March 25, 1821, the Turks responded in part by arresting the Patriarch, torturing him for the names of the leaders, offering him freedom if he would convert to Islam and finally hanging him with other bishops and clergy on April 10.

After hanging for three days, the body was sold to a mob which mutilated it, tied a heavy stone to it and threw it into the sea. A day later, a Greek ship captain found the body floating and took it to authorities who identified it as that of the Patriarch. The body was taken in secret to Odessa where a state funeral, ordered by Tsar Alexander I, was celebrated on June 17, 1821. Fifty years later, in 1871, the uncorrupted body was returned to Greece. Patriarch Gregory was glorified in 1921, and his relics are venerated at the Metropolitan Cathedral in Athens.

These three accounts of death share at least two common threads: they all happened on April 10 and all of these Christians saw death as the door to eternal and glorious life. Certainly, we grieve at the death of Christian relatives or friends; but we also rejoice at their repose in Christ, since we know this repose will end when they awake to Eternal Day at His appearing. Our funeral service even reminds us that our funeral dirge is not "Oh, woe!" but rather "Alleluia! Alleluia! Alleluia!" We also should pray, as our Lord instructed us, for those who abuse, persecute or kill our brothers and sisters in Christ. We are not to rail against them but to pray for their conversion and salvation through the power of the Holy Spirit.

April 10 falls on Holy and Great Friday this year. As followers of the Prince of Peace and as adopted children of the One True God whose essence is Love, let us practice Peace and reflect Love to all – especially to our enemies, whoever and wherever they may be. As we pray for our brothers in Christ who are facing persecution and even martyrdom, let us also pray for their persecutors.

Carla Kozak
22 February 2015

For the Love of Gardening

Today, gardening seems to have no purpose since we can purchase both local and imported produce from anywhere in the world. Why spend all that time planting, transplanting, hoeing, harvesting, processing and storing vegetables and fruit when you can buy anything and everything you need? From that perspective, gardening seems like a senseless exercise. Perhaps researching the "Why?" can give gardening a new meaning and a new purpose.

There are many good reasons why it is better to grow your own vegetables and fruit. Some reasons are very simple.

The first is taste and flavor. Compare cooked corn on the cob purchased at the grocery store and a cob picked fresh off the stalk from your garden, and you'll find that the freshly picked corn is superior. It doesn't matter which vegetable or fruit you taste, the homegrown one will be more flavorful.

Another reason is variety. Seed catalogues offer planting stock and many varieties of vegetables to choose from that are unavailable in our grocery store. Gardeners have access to vegetable seeds such as "orach" also known as "natena" (натина) used for making holubtsi (similar to beet leaves) or "mache", also known as corn salad and other such specialties. Those with a passion for gardening can get a lot of gratification in seeing the specially selected varieties of vegetables grow under their tender loving care.

Gardening gives us a reason to exercise. To keep our bones healthy and strong, health experts recommend that we walk 10,000 steps every day. One does a lot of walking when tending a garden; this is walking with a purpose rather than just walking for the sake of walking.

A fourth reason as to "why garden" is about carrying on the tradition of planting, harvesting and canning fruits and vegetables. It is more than a lifestyle. It's about being good stewards and doing our part of taking and giving to the land, of living off the land, and it is about our values of sustainability, self-sufficiency and wellness. In addition, we can share the fruits of our labor with our neighbors and friends, not only with the produce we give them, but also the knowledge and expertise we gain from our toil.

However, the most compelling reason as to "why garden" is to eliminate as many carcinogens in our diet as possible by growing our own produce, as we can accrue many health benefits from following healthy gardening practices. In the following section, I will briefly share information about genetically modified seeds (GMO), irradiated foods, chemicals and drugs, and their possible harm.

Is Gardening Just a Lot of Work for Nothing?

Before we can plant our garden, we need to purchase our seeds and planting stock. I prefer to order my seeds from seed catalogues that indicate their seeds are GMO free. Seeds[1.] are labeled heirloom, hybrid, genetically modified (GMO) or organic. **Heirloom** seeds have been passed on from generation to generation - a true seed when saved will self-pollinate to reproduce and have the same qualities as the parent plant. **Hybrid** seeds come from two-parent plant varieties naturally bred for superior qualities of flavor, time of maturity and improvements in resistance to disease and insects. Hybrid seeds need to be purchased every year, as saved seeds from these plants grow with qualities of one of the parent plants, not that of the hybrid. Hybrid seeds are not to be mistaken for seeds that have been genetically modified. **Genetically Modified** or Genetically Engineered seeds are man-made seeds produced when genetic material from an unrelated species of plant, animal, virus or bacteria is placed into another plant to produce plants that are resistant to chemical sprays, diseases and

insect damage. **Organic Seeds** – are produced without chemicals, such as herbicides, pesticides and artificial fertilizers and are GMO free.

Sixty countries have banned GMO products from entering their country. Canada and USA are not among those countries. With no mandatory labeling required to indicate the presence of GMO in our food, the public is uninformed and at risk.

Why should we fear GMO crops? Doris Sarjeant and Karen Evans[2] devote two chapters to the negative health impact of growing and consuming foods that have been genetically modified. First of all, we are the guinea pigs, as adequate scientific study has not been done to assure us that it is safe to consume foods with the presence of GMO. Since the invention of these man-made seeds, The World Health Organization (WHO) has reported that about 30 new diseases such as AIDS, Hepatitis C and Ebola have emerged, that the outbreak of diseases such as tuberculosis, diphtheria, cholera and malaria have reappeared, and that the treatment of infectious diseases such as E.coli, meningitis and streptococcus is ineffective because of their resistance to antibiotics. The use of GMO has created super bugs that even the "last resort antibiotic" is ineffective against. More and more chemical sprays are required to kill these super weeds.[3] The chemicals remain present in the soil and leach out. This pollutes the water, makes workers sick, kills beneficial insects and damages the reproductive system of animals. How is this good for us? Large companies hold us hostage as they are producing terminator seeds that will not produce seeds unless a secret chemical is sprayed to initiate seed production.[4] Giant corporations' promises of eliminating world hunger, reducing diseases and producing crops that can withstand drought have not come to fruition; instead we are at risk of permanent and irreversible damage to our ecosystem and mankind.

Another process used to serve the food industry is irradiation of food.[5] Potatoes, onions, white and whole wheat flour; whole and ground spices and dehydrated seasonings are exposed to high-intensity beams of gamma rays to kill insects or prevent reproduction of insects, delay the ripening of produce such as fruit and vegetables and prevent sprouting of potatoes. Other foods approved for irradiation are chicken, pork and shrimp. Foods that have been irradiated are required to have a symbol known as the radura on their label. Products that have less than 10% irradiated food are not required to display this symbol.

Studies in humans and animals that have eaten irradiated foods have indicated chromosome changes, tumors, and damage to various organs, an increase in stillbirths and other anomalies. Foods that were irradiated had an increase of free radicals of up to 50 times. These free radicals increase risks for cancer and premature aging. In addition, irradiation destroys or reduces nutrients such as vitamins A, C, E, K, the complex B vitamins and carotene. The amount of radiation allowed for potatoes and onions is equivalent to 15,000 chest x-rays. For wheat and flour it is equivalent to 75,000 chest x-rays and for whole spice, ground spice and dehydrated seasoning the equivalent is to 1,000,000 chest x-rays.[6] My preference is to grow my own vegetables and herbs, or purchase herbs and spices that are clearly marked all natural, salt free, no MSG, no preservatives, non-irradiated.

As consumers, we are not aware of all the hazardous substances used in our food production. In the National Potato Guide author, Guy Roy[7] lists 44 insecticides useful in controlling for insect pests; 23 herbicides that can be applied during the different times of the growing seasons to control for weeds; 42 fungicides to control for diseases and 37 products that are used to treat the seed pieces either prior to planting or in the furrow to control for diseases and insect pests. All of these products are intended for one vegetable, the potato. The Canadian Food and Drug Act lists over 100 different agricultural chemicals, most of which are poisonous pesticides, and over 36 veterinary drugs such as antibiotics and growth hormones that are approved for use in animals or their feed.[8] As a result of this indiscriminant and liberal use of

drugs, we are consuming meat with antibiotic-resistant bacteria resulting in the ineffectiveness of antibiotics. The excessive use of chemicals has lead to a disruption in reproduction, an increase of disease across all ages and the pollution of our water, soil and environment.

The foundation of our health is dependent on good practices. As gardeners, we may be just a few, but perhaps we should lobby our politicians to protect all of mankind as well as our earth. The United Nations (UN) General Assembly has provided a platform from which we can work. They recognize that we need "healthy soils for a healthy life"[9] and have declared 2015 as International Year of Soils (IYS) with the main purpose that of "raising awareness of the importance of soils for food security and nutrition and essential eco-system functions."[10] Those interested in submitting proposals of things that can be done can check the following website: http://www.fao.org/globalsoilpartnership/iys-2015/en/ [11]

We are each called to be a good steward and take care of our body, our family, our community and our country. If one is unable to enjoy the pleasure of gardening, then one can always shop organic and support the organic farmer in whatever way possible. We can be further engaged and exercise our civic duty by taking measures that further the goal of a safe environment to enable us to live a full life without damage to us and all those dear to us – after all, safety and security is a basic right.

Vivian Skakun

---

1. Jasko, Robyn (2012, pp11-12) *Home Sweet, Home Grown: How to Grow, Make and Store Food, No Matter Where You Live*, Microcosm Publishing, Portland, OR 97214
2. Sarjeant, Doris and Karen Evans (1999, pp. 109-126, 305-309) *Hard to Swallow: The Truth about Food Additives,* Alive Books, Burnaby, B.C.
3. Ibid p. 112
4. Ibid p. 119
5. Ibid p.127-132, 161-163, 280-283
6. Ibid p. 131
7. Roy, Guy (2015, pp.1-15) National Potato Guide: Crop Protection Solutions Agricultural Bulletin insert in *Country Guide*, 2015,Vol. 134, No. 2, February 3, Farm Business Communications PO Box 9800, Winnipeg, Manitoba R3C 3K7
8. Sarjeant, Doris et.al. pp. 295-304
9. http://www.fao.org/3/a-at159e.pdf
10. Websites: http://www.fao.org/3/a-at159e.pdf with list of objectives:
11. http://www.fao.org/globalsoilpartnership/iys-2015/en/

"A garden is a delight to the eye and a solace to the soul; it soothes angry passions, and produces that pleasure which is a foretaste of Paradise."

Sa'Di, Persian poet, 1213-1292

Erin Haugen
Visual Artist

www.erinhaugen.weebly.com

Blog:
www.erinhaugen.blogspot.ca

Facebook:
www.facebook.com/erinhaugenart

St. Paul, AB
587-252-3410
ehaugen@hotmail.ca

Image: *A Mother's Grace (detail),* acrylic on canvas

The Ukrainian Orthodox Church of Canada: Yesterday, Today and Tomorrow *

(Some Thoughts and Reflections on the Subject)

**Protopresbyter Dr. Oleg Krawchenko,
Professor, St. Andrew's College**

A version of this paper appeared as a three part series, in the March 15-31, 2000; April 15-30, 2000; and, May 15-31, 2000 issues of The Herald/Visnyk. For the purposes of this repeat publication, it has been updated and edited and published as two parts, as many of the initial thoughts and reflections contained therein still remain relevant and timely. This is the first of the two parts.

In 1918, the Ukrainian Greek-Orthodox Church of Canada (UGOCC) was founded by hard-working immigrants who came to Canada seeking a better life. They settled the wide-open Canadian prairies, cleared the land, tilled its soil and sowed the seeds they brought with them - crop seeds and seeds of faith, deeply rooted within their hearts. The UGOCC was founded on this simple, but sincere faith of our pioneers: farmers by profession, noblemen in spirit.

The Beginnings

Ukrainian settlers began immigrating to the Canadian prairies at the end of the 19th century. At that time, most of them were Greek-Catholics from the western Ukrainian province of Halychyna (Galicia), but a smaller group from Bukovyna was Orthodox.

The newly-arrived Greek-Catholic population was concerned that the Roman Catholic hierarchy did not support their Eastern Christian heritage. The Orthodox Bukovynians, on the other hand, were tended by the Russian Orthodox Mission which had arrived in Canada via Alaska and U.S.A. but which was not very affirming of things Ukrainian.

To deal with this predicament, the more enlightened leadership of the Ukrainian settlers—both Catholic and Orthodox— believed the proactive solution was to organize their own Church, one that would reflect both the character and the spiritual needs and realities of these Ukrainian people who had now made Canada their new home.

During the summer of 1918, a National Convention ("Narodny Z'izd") was convened in Saskatoon, where the decision was made to form the "Ukrainian Greek Orthodox Church of Canada". Convention participants recognized that there can be no Church without a bishop; so, the Ukrainian Greek-Orthodox Brotherhood of Canada was organized and given the mandate to find an Orthodox Bishop for the newly-formed Church.

The Brotherhood first approached Archbishop Alexander (Nemelovsky), a Ukrainian of the Russian Orthodox Mission, who agreed to lead the UGOCC but later changed his mind under pressure from his superiors in Russia. The Brotherhood found

a second candidate: Antiochian Orthodox Metropolitan Germanos (Shahedi). Thus, at its inception, the UGOCC found itself under the canonical jurisdiction of the Arabic Patriarchate of Antioch.

The situation changed in the mid-1920s when Archbishop John (Theodorovych) arrived in America from Ukraine. Learning of the presence in the USA of a Ukrainian bishop, the UGOCC appealed to Archbishop John to head their fledgling Church. He agreed, and Metropolitan Germanos released them from his jurisdiction. The new Church was administered in Canada by its Consistory, composed of both clergy and laity, and headed by a priest who held the position of Administrator (Vicar General) in charge in the absence of a bishop.

After World War Two

With the end of the Second World War came a third wave of immigration into Canada. At this time the UGOCC began looking for a bishop who would oversee their Church locally, rather than from outside the country. Bishop Mstyslav (Skrypnyk) agreed to move to Canada and was the first bishop to carry the title "Archbishop of Winnipeg and all Canada".

Unfortunately, after just three years, Archbishop Mstyslav left the Canadian Church and moved to the United States; but his brief stay was a catalyst for the subsequent hierarchical reorganization of the UGOCC. Archbishop Mstyslav's uncompromising stand on the proper interpretation of conciliar government and the role of hierarchy in the Church set the foundation for his successor, Metropolitan Ilarion (Ohienko), a Ukrainian bishop from the Orthodox Church in Poland.

The Ukrainian Orthodox Metropolia

A new era in the history of the UGOCC began with the coming of Metropolitan Ilarion in 1951. Our Church became a Metropolia, composed of three dioceses: the Central Diocese (Manitoba and Saskatchewan, with the seat in Winnipeg), headed by the Metropolitan himself; the Eastern Diocese (Ontario and Quebec), headed by Michael (Khoroshy), Bishop of Toronto; and later (1959) the Western Diocese (Alberta and British Columbia), headed by Andrew (Metiuk), Bishop of Edmonton.

After agreeing to become "Metropolitan of Winnipeg and All Canada", Metropolitan Ilarion painstakingly and methodically visited every parish in the country. In a relatively short time, he became acquainted with every priest, every parish and their individual needs and potential. In addition to his archpastoral work Metropolitan Ilarion was involved in numerous other academic and ecclesiastical initiatives. His Ukrainian translation of the Bible, which was first published by the British Bible Society, is still the most popular Ukrainian Bible used by Ukrainian-speaking people throughout the world. Because of his tireless dedication to missionary work, Christian education and liturgical renewal, Metropolitan Ilarion has been called the "Peter Mohyla of Canada". After two decades of dedicated archpastoral work, Metropolitan Ilarion fell asleep in the Lord on 29 March 1972.

For a short period of time, the primacy of our Church was passed on to Archbishop-Metropolitan Michael (Khoroshy) of Toronto, until Archbishop Andrew (Metiuk) was elected to the position of Primate at the UGOCC Sobor of 1975. A student and close co-worker of Metropolitan Ilarion, Metropolitan Andrew was Primate of the UGOCC for ten years (1975-1985).

After the death of Metropolitan Andrew in 1985, His Eminence Archbishop Wasyly (Fedak) was elected Primate of the Church. Though born in Ukraine, Metropolitan Wasyly was raised in Canada, his family coming here when he was only two years old. The 1980s also saw the Church consecrate its first Canadian-born bishops: His Eminence John (Stinka), Archbishop of Edmonton, and His Eminence Yuriy (Kalistchuk), Archbishop of Toronto.

In 1988, UGOCC likewise celebrated the Millennium of the Baptism of Rus'-Ukraine into the Holy Orthodox Faith. The events leading up to, and during, this celebration became the catalyst for the spiritual rejuvenation of a new generation of the Church's faithful.

1990 and Beyond

In 1990, the Ukrainian Greek-Orthodox Church of Canada (UGOCC) officially changed its name to the Ukrainian Orthodox Church of Canada (UOCC) and entered into Eucharistic Communion with the Ecumenical Patriarchate of Constantinople.

Though the process of canonical maturing of the UOCC was lengthy and gradual, the celebrations of the Millennium of Christianity in Ukraine formed a much anticipated catalyst to complete the work of our fathers. After years of work and extensive discussion of this question at two Sobors (the Extraordinary Sobor of 1989 and the XVIII Sobor in 1990,) the UOCC entered into the fold of her historical Mother Church—the Ecumenical Patriarchate of Constantinople—and through it joined the ranks of canonical World Orthodoxy.

The current canonical status of the UOCC reminds us of ancient times—the first 700 years of the existence of the Church in Rus'-Ukraine—when the Kyivan Metropolia was under the "omophorion" of the Ecumenical Patriarchate of Constantinople, i.e., before the time of its annexation by Moscow.

Thus, as in 1929 when, through an Act of Parliament, our Church became a recognized Canadian institution, so in 1990, through a Patriarchal Decree, it became a recognized, canonical Church entity. Truly, the dreams of generations of our Faithful were fulfilled.

The century ended with the XXth Sobor - the largest UOCC Sobor ever - with over 500 participants.

Entering the 21st Century

What about the future? Our future is in God's hands, but much depends on us as well. As we enter the New Millennium, we realize that "The harvest is truly plentiful, but the labourers are few ..." [Matt. 9:37]. Many tasks lie before us which we, with God's help, must undertake - many challenges and issues for which we must find solutions. Our future as a viable entity in Canada lies not in doing as we always have done but in creative and enlightened approaches to our present-day challenges.

As we contemplate our future, let us remember that life does not stand still: events continue to unfold, circumstances change beyond our control. It is imperative that we remain open to change and renewal. It is also important to remember that each generation approaches and solves its problems in its own fashion, in tune with the times. Our task, therefore, as leaders is not to rush to pre-package our future, but to prepare our future generation to be able to make decisions themselves: competently, confidently, knowledgeably and responsibly. That is, our task is to prepare the way so that they will be well equipped to find solutions to the problems that will arise before them. For the present time, there is still a great deal to be done; and much requires our immediate attention.

To put it plainly, our future depends on how well we deal with the 5 challenges before us.

Next edition:
Our Five Challenges

PROMIN AD RATES

ONE YEAR *
1/4 page $250
1/3 page $300
1/2 page $500
Full page $1000
Business card $200

ONE ISSUE *
1/4 page $75
1/3 page $85
1/2 page $100
Full page $200
Business card $50

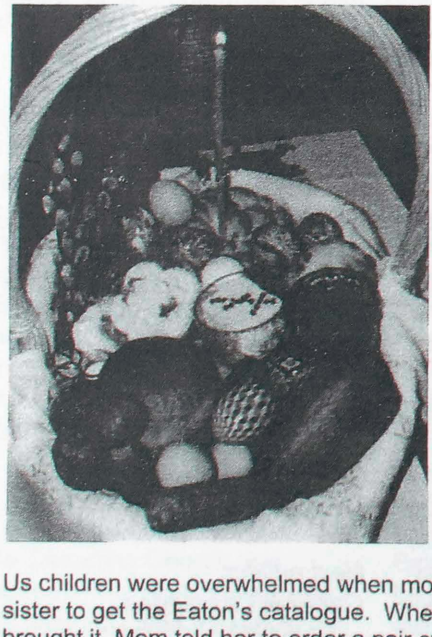
* (All of the above are presented in black and white, in English or Ukrainian)
Full page, back cover, two-colour:
ONE YEAR $1,500
ONE ISSUE $300

Reminiscences of Ukrainian Orthodox Easter

Easter, the most glorious and radiant event in all history, commemorates the resurrection of Christ. The parents and children had a lot of preparing to do before Easter arrived. The house on the outside had to be whitewashed – the windows sparkling clean. After a long, hard winter, the stove pipes had to be rid of soot. Dad would climb onto the roof with a long stick and cloth to clean the chimney.

The home inside was cleaned to perfection. The walls were also whitewashed. The silverware was polished. The linens for the Easter basket were washed and ironed to look good when taken to church for the blessing.

I recall Dad butchering a pig so we could have fresh meat to make a roast or ham with. The hocks and pigs feet were used for head cheese or studenetz. The intestines were turned inside out and scraped and cleaned so they could be filled with pieces of pork and garlic to make sausage with (kowbasa). There was no plastic casing. Mom also made a Buckwheat Sausage (Kyshka) which was baked in the oven.



The Paska and Babka were baked in a clay oven (peech). It was not to be eaten until Easter morning after the blessing of the basket.

Us children were overwhelmed when mom told my sister to get the Eaton's catalogue. When she brought it, Mom told her to order a pair of black patent shoes for me. Some white stockings as we usually wore brown. My sister Mary sewed me a dress with some trim on it. What a treat. Of course the boys got white shirts and dress pants.

Dad would give the boys hair cuts and Mom looked after the girls. No barbers or hairdressers then. To attend Easter Divine Liturgy was a very special day for us all – and you never forget the good days we had with family, friends and neighbours.

The traditional foods for the Easter basket were: hard boiled eggs; ham- kyshka; roast pork and sausage (kowbasa); butter; cottage cheese; fresh horse radish root;.salt; beets and horseradish; paska; babka; pysanky (decorated Easter eggs); and kryshanky (dyed boiled eggs). The horseradish symbolizes Christ's suffering on the cross. The egg became symbolic of the coming of spring with its promise of new life.

If weather permitted, the baskets with beautiful colored embroidered cloths, were set up outside the church. With the ringing of the church bells at midnight on Saturday the joyful Easter Matins begins the triumphant resurrection service with a procession around the church. Temporarily, the darkened church is emptied and the doors are closed, representing the closed tomb of Christ.

The procession circles the church three times symbolizing the journey of the myrrh-bearing women to the tomb of Christ in the early hours of the morning to anoint his body. The visit to the empty Sepulchre (tomb) by the women is when the risen Saviour is seen and recognized. Here the priest greets the worshippers with the traditional words "Christ is Risen" (Krystos Voskras) to which the reply is "He has risen indeed" (Voistyno Voskras). The church bells ring – the worshippers re-enter the church and the Easter service proceeds to its joyful completion. The royal gates are kept open the entire Easter week to symbolize that the gates of heaven have been opened to all faithful believers.

My husband Andy attended church in the Downing (Vilna) church of St. Paraskevia. He said when he was a young boy the parishioners would come on Saturday night to bring their baskets and wait for the priest to come. They would make a bonfire to keep warm and sing Easter songs which were led by the cantor. What a beautiful memory.

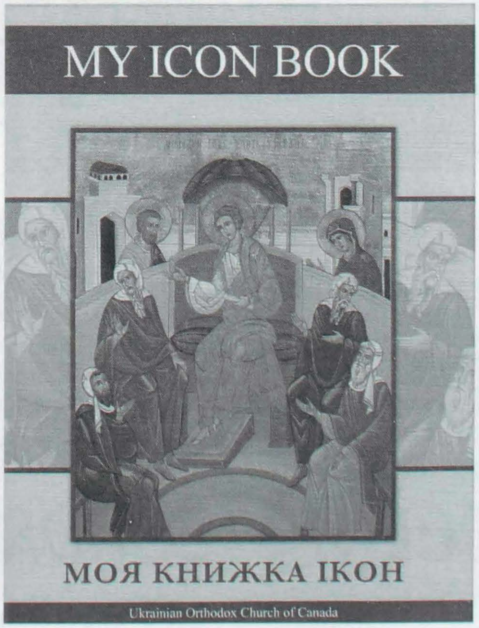
Immediately after the service people returned home to break the long fast with an Easter breakfast of blessed food. The meal began with Easter prayer, followed by serving of the blessed egg, which the head of the family divided into portions. One for each person again with greeting of Easter. This ritual symbolizes family unity and express hope for a happy and prosperous year until next Easter.

Krystos Voskres – Voistyno Voskres.

Caroline Malayko,
daughter of Ukrainian Canadian pioneers

My Icon Book

A 70-page book consisting of 23 full-page quality colour icons, together with the story explaining each icon, both in English and Ukrainian.



- Icons of the Twelve Great Feasts
- A focus on Passion Week
- Icons of significant occasions
- Icons of saints held in special regard by the Ukrainian Orthodox Church
- Words and music to special hymns associated with a feast day

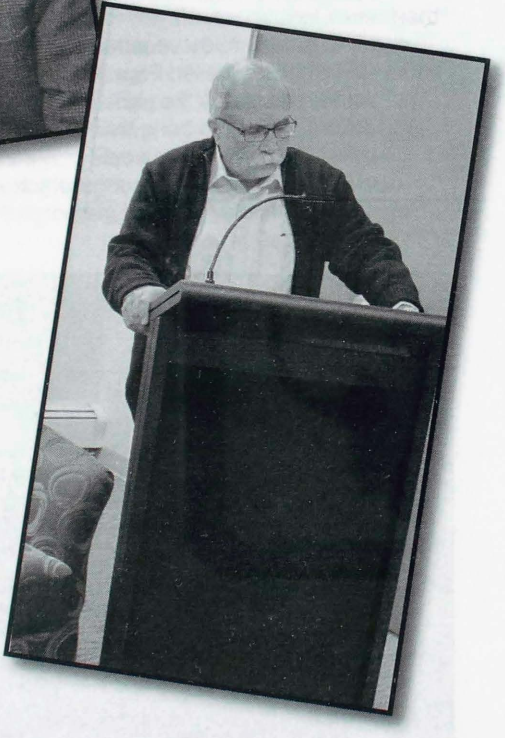
This is an excellent reference book for all Orthodox Christians and a must for Church School classes.

Published by
Ukrainian Women's Association of Canada
10611 – 110 Avenue, Edmonton AB T5H 1H7

$15.00 per copy (plus postage)
Contact: info@uwac-national.ca
Dr. Geraldine Nakonechny, President, 780-475-1501
Dorothy Stachniak, Treasurer, 780-476-3646

Below: Olesia Talpash, Vivian Skakun and Orest Talpash.

Below: Emil Yereniuk, Guest Speaker



NEWS FROM OUR BRANCHES

UWAC St. John's Branch Photo Essay

UKRAINE'S MOST RECENT ELECTIONS

Right: Young and older Ukrainians preparing for the elections.

Left: Mitch Makowsky and Dobr. Nadia Kryschuk.

Below: Woman voting.

On November 24, 2014, jointly with TYC Edmonton, our branch held the fourth in a Dinner and Speaker Series at St. John's Institute, Edmonton. The guest speaker was Emil Yereniuk, four-time observer of Ukraine's Elections. He was pleased to see that Ukraine's elections have become more and more democratic, thanks, in part, to Canadian observers like himself, who oversee polling stations. An observer spends long hours at his job.

Photos by Emil Yereniuk & Leona Bridges

ART LOVERS' MEMBERSHIP TEA

Photos by Myroslava Chomiak

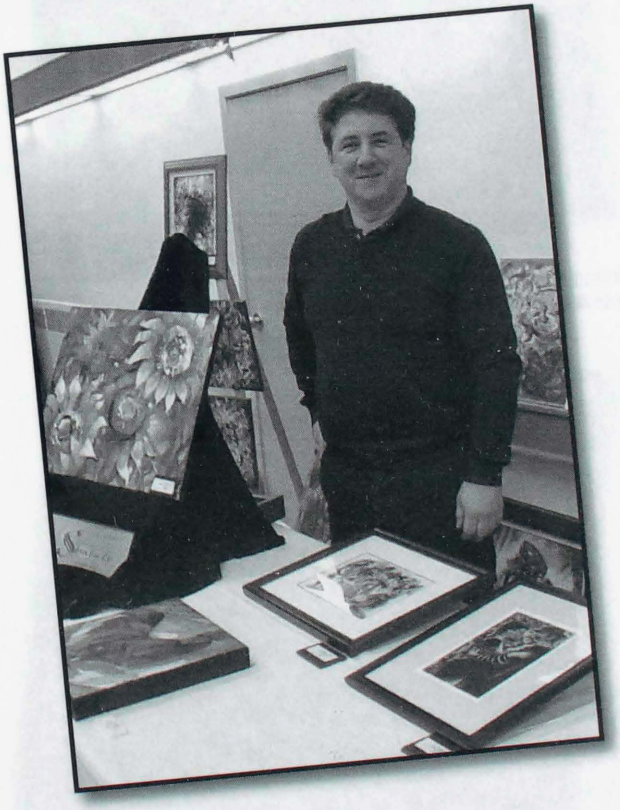
Above: Christine Zwozdesky, milliner.

Left: Elizabeth Holinaty, weaver.

On February 8, 2015, a membership tea was held at our branch. Artists were invited to display and/or sell their works at the tea. A ten-dollar admission fee was donated to the Canada Ukraine Foundation. One thousand dollars was raised! The Social Committee headed by Donna Kowalishin prepared some wonderful finger food. A most enjoyable experience!

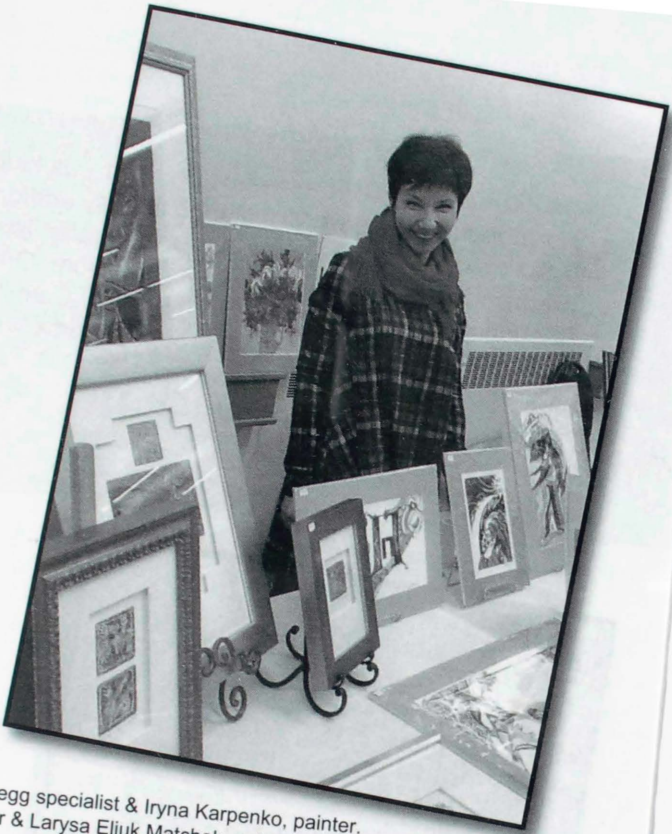
Leona Bridges

Above: Leona Bridges welcomes guests.

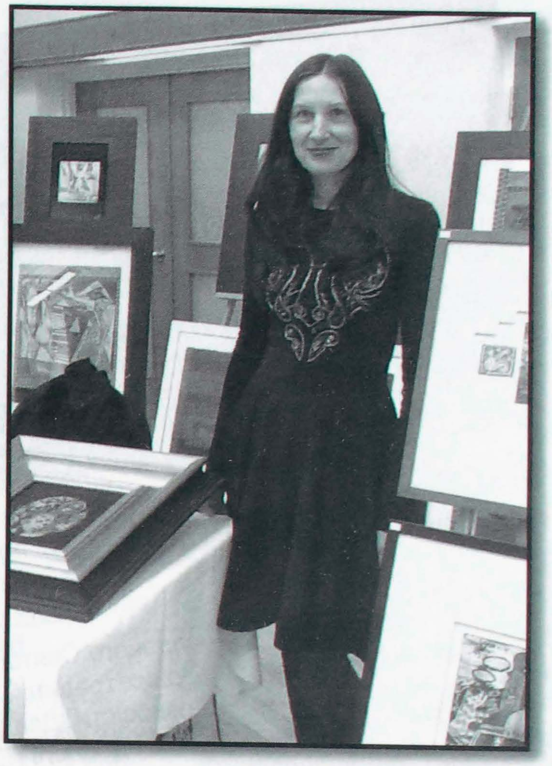


Above: Valeriy Semenko, painter.

Right: Tea Table.



Above: Dobrodijka Erin Haugen, painter, Easter egg specialist & Iryna Karpenko, painter.
Below: Larisa Sembaliuk Cheladyn, painter & Larysa Eliuk Matchak, painter.



Above: Audrey Uzwyshyn, potter & Oksana Movchan, painter.
Below: Johann Pelech Mann, basket maker & Nataliya Grytsiv, wreath maker.

Photo by Dmytro Brozhyk

Greetings Sent to Soldiers in Ukraine

Youth at St. Andrew's Ukrainian Orthodox Sobor in Edmonton gathered on Saturday, December 20, 2014, to decorate four Christmas trees in the parish complex, which included an enormous tree located in the atrium. The group then assembled in the lower hall to participate in a Christmas card making workshop. With a brief review of the current circumstances in Ukraine, the children were told that the cards they created would be sent to soldiers in Ukraine who are defending its borders. Youth response was enthusiastic and heartwarming.

Card making involved gluing an icon to the outside and attaching a prepared emotive Ukrainian message inside. The youth added their own personal messages, drawings and decorations. Some children also made cards for their parents and grandparents. It is the hope that soldiers in Ukraine who receive the little cards will be encouraged by a Christmas greeting, and strengthened by the support of young people from Canada. The cards were delivered to Orbit Ukrainian Store in Edmonton for shipment to Ukraine, as was an earlier large collection of warm socks, gloves and tuques for the soldiers. Thank you to Orbit for generously shipping all the goods to Ukraine.

As everyone was finishing their cards and a Lenten snack, they heard the distinct sound of tiny bells. St. Nicholas had arrived and was cheerfully welcomed with song and individual poems. He provided an inspiring message and distributed gift bags. The workshop participants departed with a greater appreciation of their own freedoms and the joy of living in our peaceful country, Canada.

Lesia Perritt

Різдв'яні побажання солдатам

У Соборі Українського Православного Святого Андрія в Едмонтоні є багато гарних традицій. Саме про одну з них хочемо розповісти. Двадцятого грудня ми зібралися разом і дорослі і дітки, прикрашати наші ялиночки, у нас їх є чотири.

Відчувався Різдв'яний дух, всі стали однією великою родиною і весело проводили час разом. В усіх бадьоро був піднесений настрій, посміхалися, посвятковому блищали очі. Перед Різдв'яний час дійсно творилися дива.

Молодь з охотою взялися до цікавого проєкту. Вони виробляли Різдв'яні картки для солдатів на Україні, котрі оберігають кордони Української держави. Діти приклеїли паперові ікони й емоційні листи у картках і додавали блискучі декорації, свої власні малюнки і Різдв'яні побажання.

Коли молодь працював над картками для українських героїв, почули, як вигравали чарівні дзвіночки. Це завітав до нас Святий Миколай, подив нашої малечі важко переказати. Як дітки так і дорослі не перестають вірити у Різдв'яну казку.

Наталя Брожик

Ukrainian Women's Association of Canada

Executive Member Profile

Betty Corlett

We would like our Promin readers to meet the members of the National Executive of the Ukrainian Women's Association of Canada who publish this magazine. We will first feature members of the Promin Editorial Board.

Betty Corlett is an active member of the Ukrainian Women's Association of Canada and a member of the National Executive.
Betty danced in Shumka from 1971 to 1983. In addition to dancing, she also held several Executive positions including President, Secretary and Treasurer. A Member with Distinction, Betty was on the Executive for 12 of her 13 years in the company, worked on choreography for the group, was a dance instructor and served on the dancers' Standards Committee.

Betty is a talented florist and designer. As an alumnist, Betty has helped with production props and costumes (mostly for Shumka's Cinderella), and décor, corsages and bouquets for Shumka special events and celebrations. She crafts the beautiful Shumka memorial vinky and axes for members and alumnists when they pass away.

Betty is currently on the Ukrainian Shumka Dancers Alumni Association Executive and has been a USDAA member since its inception over 20 years ago. She was on the "book committee" when Shumka: Tradition in Motion was being researched and produced.

Betty has been involved in the CIBC Run for the Cure in honour of her dear friend and once fellow-dancer Shirley Smits (nee Doskoch) who passed away from breast cancer in 2009. Betty and her alumni team (known as S.A.G. - Shumka Alumni Girls) annually wear their armband vinoks made by Betty and the team has raised more than $3000 for the cause thus far.

Betty works with her husband Carmen Schiewe at Bonnie Doon Flowers and Garden Centre. She has two grandchildren – Noah and Finn Haugen – who along with her daughter Erin and son-in-law Fr. Peter Haugen, recently moved back to Alberta after having been stationed in BC for four years.

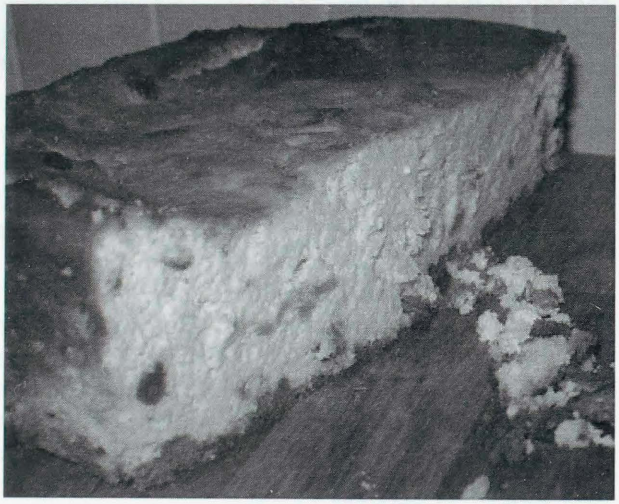
In addition to her volunteer work for Shumka, Betty is also

President of the Lesia Ukrainka Branch of the Ukrainian Women's Association of Canada St. Elia Branch and Vice Presdient of St. Elia's Parish, and sits on the National Executive of the Ukrainian Women's Association of Canada (UWAC), the Provincial UWAC and the Ukrainian Museum of Canada – Alberta Branch.

**Re-printed from the Ukrainian Shumka Dancers' Alumni Association's electronic Newsletter, 2014.*

IN THE KITCHEN

Простий рецепт сирника



Сирник - мій улюблений пляцок. Готувати його зовсім не складно, лише трохи довго :) Але головне - мати добрий рецепт! Сирник треба пекти тільки з домашнього сиру, що зараз вже не проблема, бо весна, і на базарі продають багато сиру. І сирник обов'язково повинен бути високий!

Пропоную випробуваний рецепт сирника.

Для тіста:

2 жовтки
3 ст.л. цукру
100 г м'якого масла
1 ч.л. порошку до печива
1 ст.л. сметани
борошно 1 скл.

Розтерти жовтки з цукром, додати масло, сметану і просіяне борошно з порошком до печива, замісити вільне м'яке тісто, розподілити його по формі з високими бортами, у якій будете пекти сирник, і поставити в холодильник. Тим часом готуємо сир.

Для сиру:

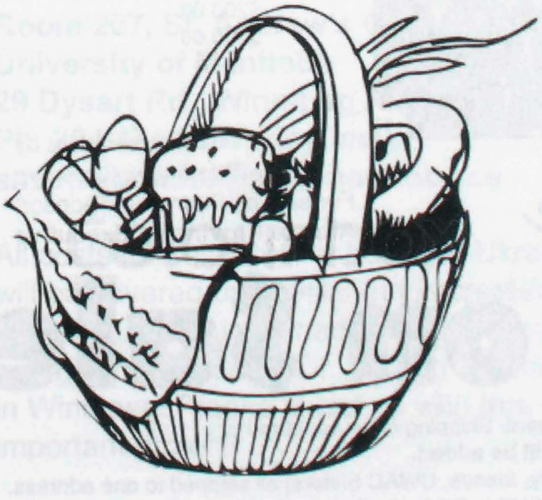
1,5 кг сиру
250 г м'якого масла
8 яєць
1,5 скл. цукру
сік і цедра одного лимона
2 ст.л. манки
2 ст.л. крохмалю
1 пакетик ванільного цукру
родзинки, курага

Змолоти сир на м'ясорубці з дрібними вічками. Запарити родзинки і курагу кип'ятком. Жовтки збити з половиною цукру, білки - з другою половиною цукру і ванільним цукром.
У сир додати м'яке масло, манку,

крохмаль, сік і цедру 1 лимона, жовтки; добре відтиснені з води родзинки і курагу, все добре вимішати. Потім додати білки і акуратно перемішати рухами зверху вниз, викласти на тісто. Пекти при 190°C у попередньо розігрітій духовці приблизно 1 год - 1 год 15 хв. Вийняти і дати вистигнути в формі, а вже потім нарізати.

Цей рецепт можна змінювати за власним смаком. Якщо сир кислуватий, то додати 2 скл.цукру. Можна замість крохмалю додати пакетик пудингу. Можна між тістом і сиром покласти мак розтертий з цукром або насипати шар какао. Добре полити спечений сирник шоколадною помадкою або подати з вишнями у власному соці.
Смачного!

Узято з інтернету при цій адресі-- http://prostirecepty.blogspot.ca/2011/03/blog-post_06.html.



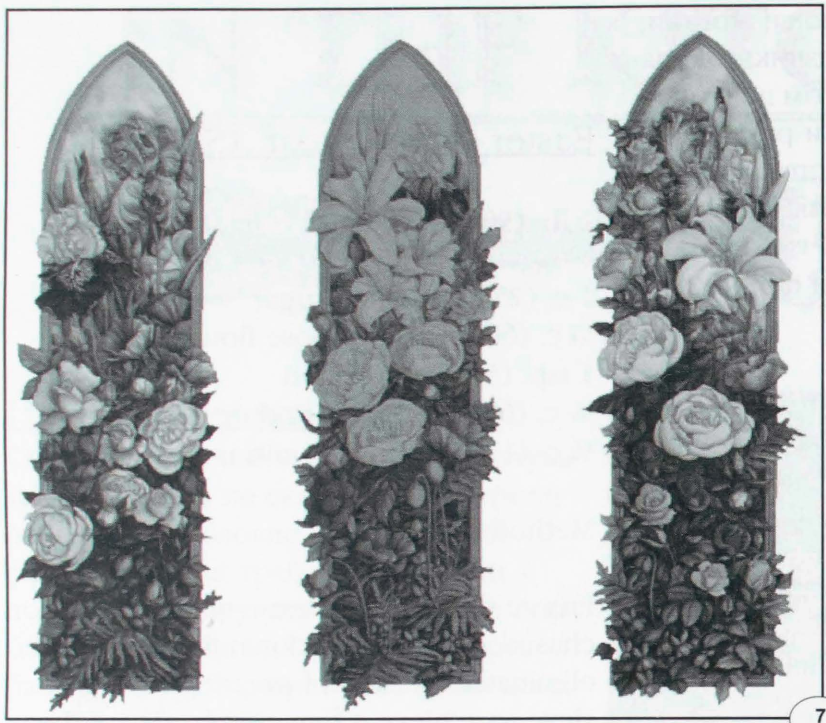
Easter Cheese Loaf (SYRNYK)

1 lb. (500 g) dry curd cottage cheese
4 eggs
1 c. (250 ml) white sugar
¼ c. (60 ml) all-purpose flour
1 tsp. (5 ml) cinnamon
¼ c. (60 ml) orange rind or zest
¾ c. (175 ml) golden raisins (washed)

Method:

Freeze the cottage cheese when purchased. This breaks down the curds and eliminates the step of pressing through a sieve to achieve a fine crumb. Thaw the cottage cheese. Crumble the thawed cheese. Beat the eggs Combine the cheese and eggs with the remaining ingredients. Crease a 9 x 5 x 3 inch (22 x 12.5 x 75 cm) loaf pan. Place cheese loaf ingredients into the loaf pan. Bake at 325°F (160°C) for about 45 minutes or until set. When a skewer or knife blade is inserted and comes out clean, the cheese loaf is set.

From the cook book From Baba, with Love published by the Ukrainian Women's Association of Canada, Hanka Romanchych Branch, Saskatoon, SK, 2011.



7.

13.

1. *Genesis*
27" x 14.5"
$300.00
$150.00

2. *Aaron's Robes*
22.5" x 3.5"
$75.00
$37.00

3. *The Lord's Light*
22.5" x 13.5"
$150.00
$75.00

4. *Rose of Sharon*
22.5" x 8"
$100.00
$50.00

5. *Song of My Beloved*
16" x 22.5"
$150.00
$75.00

6. *Psalm 104*
6.5" x 23"
$125.00
$62.00

7. *Paradise (Monk's Garden)*
16.5" x 16.5"
$200.00
$100.00

8. *Basil's Blessing*
22.5" x 5.5"
$100.00
$50.00

9. *The Vine of Life*
10" x 4.6"
$50.00
$25.00

10. *Everlasting Love*
22.5" x 5.5"
AP's: $200
$50.00

11. *Christ's Passion*
22.5" x 6.3"
$100.00
$50.00

12. *From the First Temple*
6.25" x 10"
(matted)
$75.00
$37.00

13. *Sanctuary*
10.5" x 23"
$150.00
$75.00

Watercolours by
Larisa Sembaliuk Cheladyn
For sale by Founding Sponsor:
UWAC - Alberta Provincial Executive

Flowers of the Bible

Prints on Sale

Prints are shrink wrapped on foamcore board. Shipping sizes are larger.
Shipping charges will be added.
For most economical freight, consider combining orders (family, friends, UWAC Sisters) all shipped to one address.
Save shipping costs - PICK UP in Edmonton!

To order contact Betty Corlett 780-932-9727, bettycor@telus.net

METROPOLITAN ILARION BOOKS FOR UKRAINE COMMITTEE

SEARCHING FOR METROPOLITAN ILARION (IVAN OHIENKO) BOOKS TO SEND TO UKRAINE'S MUSEUMS, INCLUDING THE NEW ILARION (OHIENKO) MUSEUM IN BRUSYLIV, UKRAINE

****

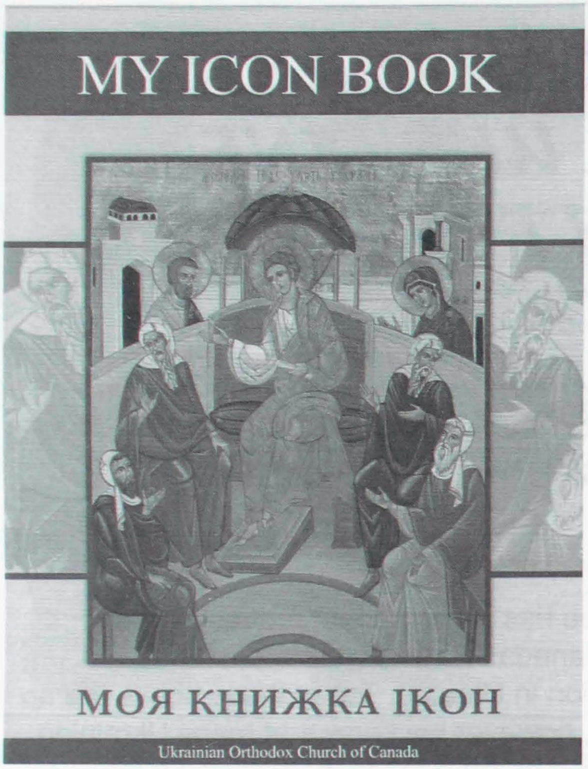
Over the past three months, our committee has received four requests for books authored by Met. Ilarion and published in Canada. These books are needed to complete library collections on Metropolitan Ilarion in Ukraine. Today these books are no longer available in book stores in Canada, however we know that many Ukrainian Canadians purchased his books in the period of 1950 to the 1970's, and even later. Today they are found in private libraries of Ukrainian Canadians across Canada.

If you are interested in donating his books to Ukraine, or know of someone who is, please contact:

Dr. Roman Yereniuk
Room 207, St. Andrew's College,
University of Manitoba
29 Dysart Rd., Winnipeg R2W 0Z2
Ph. 204 474 8907 (daytime)
email: yereniuk@cc.umanitoba.ca

All costs for shipping the books to Ukraine will be covered by special funds created for this purpose in Canada. The project is being coordinated by Dr. Roman Yereniuk in Winnipeg. Please assist us with this important project!

Dr. Roman Yereniuk



"Моя Книжка Ікон" з Канади – Рецензія

Останнім часом, завдяки проф. Романові Єринюку з Вінніпеґу в мої руки потрапило дуже цікаве видання "My Icon Book – Моя книжка ікон". Це—двомовна, англійсько-українська публікація про ікони найважливіших православних свят і святих, яких особливо відзначають в Українській Православній Церкві в Канаді.

Друге видання "My Icon Book – Моя книжка ікон" видав Союз Українок Канади в співпраці з Українською Православною Церквою Канади з благословенням ієрархів цієї Церкви: Митрополита Юрія, Архиєпископа Вінніпеґу і Середньої Єпархії та Первоієрарха УПЦК, Владики Іларіона, Єпископа Едмонтону і Західньої Єрапхії та Владика Андрія, Єпископа Східньої Єпархії. У виданні поміщено фотографії ікон, які написала Віра Лазарович Сенчук. Головою видавничого комітету другого випуску цього видання стала Іванна Дженис.

Після архипастирських листів з благословенням, знаходимо у виданні вступ І. Дженис, в якому пояснено що можемо знайти в книжці. Після змісту, читаємо статтю о. П. Ямнюка з Едмонтону про значення ікон. Цей розділ написаний лише англійською і скерований зокрема до осіб не пов'язаних з Православною Церквою. У ньому пояснено також окремі елементи ікони—кольори, постаті. Наступні сторінки присвячені розповіді про відновлення почитання ікон і неділю Торжества Православ'я. Чергова частина книжки присвячена окремим іконам. Вона поділена на розділи: великі двунадесяті свята і Воскресіння Христове; Страсний тиждень; Свята та Святі. На закінчення, поміщений розділ "Музика", в якому знаходимо музичні твори, присвячені святам і святим поміщеним на іконах.

Поруч кожної ікони знаходиться текст, який не обмежується лише до опису ікони. Можемо знайти також дату святкування пам'яті свята чи святого, біблійну довідку, місце, посилання до музичного твору та пропар і кондак. Найцікавіші є, дуже влучно написані, актуальні також для нас, підрозділи "опис ікони" та "значення".

Це видання, що нараховує майже 70 сторінок, без сумніву допоможе краще зрозуміти православну традицію і глибину богослов'я ікони. Воно дуже змістовне—короткі інформації влучно описують ікони і будуть зрозумілими для всіх. Підсумовуючи, це дуже гарне, кольорове видання, що сподобається не лише дітям, але може зацікавити також і дорослих.

Ольга Купріянович

(Із польського журналу "Istocznik" ч. 2(29)/2014)

У річницю упокоєння

<u>*Бл. п. Олексія та Марії Макаренко*</u>

<u>*Бл. п. Добр. Олі Демчук*</u>

У четверту та дванадцяту річницю упокоєння наших улюблених батьків, діда, бабу, прадіда та прабабу, Олексія та Марії Макаренко, які відійшли у вічність 1-го та 10-го березня, 2003 та 2011 р., та у третю річницю упокоєння нашої улюбленої дружини, тітки, сестри та хрестної матері, добр. Олі Демчук, яка відійшла у вічність 28-го лютого, 2012 р., висилаємо в їхню світлу па м'ять пожертву, як нев'янучий вінок на їхню могилу.

Нехай пам'ять про цих жертвенних та відданих працівників у Божому винограднику буде вічною.

Спіть з Богом! —родини Макаренків, Демчуків та Буцьорів

"Blessed are those who mourn, for they shall be comforted."

Matthew 5:4

Zenovia Sakowsky

Former National President 1940-2015

It is with profound sadness that the National Executive of the Ukrainian Women's Association of Canada (UWAC) informs its members that former UWAC National President, Zenovia Sakowsky, left this earthly life on January 24, 2015. The Funeral Rite was celebrated on January 30 by Rev.Yuri Suchevan at St. Andrew's Ukrainian Orthodox Sobor in Edmonton, with internment at Evergreen Memorial Gardens. UWAC members from all five Edmonton UWAC Branches held candles and the UWAC Presidents (Branch, Provincial, and National) each held their respective flag (banner) in her honour.

Zenovia was born in Willingdon, Alberta in 1940 to a family that had very strong ties to the Ukrainian Orthodox church. She sang in church choirs in Innisfree, Vegreville and Edmonton. A teacher by profession for 34 years, Zenovia specialized in helping children with reading disabilities and was a coordinator of student teachers. She served as President of St. Andrew's Auxiliary (UWAC) from 1993 to 1996, as Alberta Provincial UWAC President from 1996 to 1999, and UWAC National President from 2003 to 2007. We remember her well-written and inspiring messages in Promin. She believed that there is infinite value in the smallest of tasks and that we must look for these and acknowledge them. She was the recipient of the USRL/CYC Award of Excellence in 2009.

At the memorial dinner, Lesia Perritt, President of St. Andrew's Ladies' Auxiliary (UWAC), Luba Feduschak, close friend, and Geraldine Nakonechny, UWAC National President, spoke about Zenovia. Excerpts from Lesia's tribute follow:

"On behalf of St. Andrew's Parish and the Ladies' Auxiliary, I extend our sincerest condolences to you, Matthew (Claire), Patricia (Daryn); your children Elizabeth, Liam, Zach, Steven, Mia; and to sister Lillian (Orest).

With sorrow and deep respect we bid farewell to our long-time Parish and Ladies' Auxiliary member, our sister in Christ, Zenovia Sakowsky. The Sakowskys became members of St. Andrew's Ukrainian Orthodox Parish in Edmonton, Alberta in 1967 and were an active family in the spiritual, cultural and social life of their church community. Zenovia and her husband Boris sang in the church choir; Matthew and Patricia participated in youth activities and Matthew served as an acolyte in the sanctuary. In 1976, Zenovia became a member of St. Andrew's Ukrainian Orthodox Ladies' Auxiliary, a branch of the Ukrainian Women's Association of Canada, and served as Sunday School coordinator.

In September,1993, Zenovia was elected as the nineteenth Ladies' Auxiliary President and held that position for three consecutive years. During her tenure, fellowship luncheons following Sunday Divine Liturgies were established, a kiosk was opened for the sale of religious items, and a dough sheeting machine was purchased for the Parish kitchen. They endure to this day. Also, during her Ladies' Auxiliary Presidency, the Parish celebrated its 35th Anniversary.
In September, 2006, during our Ladies' Auxiliary annual general meeting, we were delighted that Zenovia was free from her busy schedule and available to attend as a member, bringing greetings from the National Executive as its Presi-

dent. In her address, she focused on three attributes of membership: understanding, love and helping people. She said, "There is infinite value in the smallest of tasks. We should provide a supportive climate, look for the good in people and tell them so."

When the slate of officers was presented at that same Ladies' Auxiliary AGM, the position of secretary was blank. When no volunteers or nominations came from the floor, Zenovia stood up and chastised us for not stepping forward and assuming that responsibility in our organization. One member then rose and volunteered to be secretary, to resounding applause. Soon after, that lady also became secretary of the Provincial Executive and the National Executive, concurrently for some time! Today, Vivian Skakun, is the President of the Alberta Provincial Executive of the Ukrainian Women's Association of Canada. We can be truly grateful for the influence and role modeling Zenovia provided.

Zenovia was of strong character and deep conviction and spoke her mind. She was dependable, sincere, unpretentious, and faced challenges with determination. We will miss her; her memory will be in our hearts forever."
Daryn Hobal, son-in-law, and Elizabeth Sakowsky, eldest granddaughter, spoke on behalf of the family.

Zenovia will be remembered as a caring leader of strong character and a very dependable and well-organized individual. She was a very gracious and meticulous hostess. She appreciated nature and its context until the end of her life. She was extremely courageous and battled cancer for over 20 years.

Her husband, Boris, predeceased Zenovia.

Oh, Lord, give rest to the soul of your departed servant, Zenovia, in a place of light, a place of refreshment and a place of repose, where there is no sickness, sighing nor sorrow.

MEMORY ETERNAL
ВІЧНАЯ ПАМ'ЯТЬ

G. Nakonechny

PROMIN SUBSCRIPTION FORM / ПЕРЕДПЛАТА НА ПРОМІНЬ

Use this form for a new or renewed subscription for yourself or for a new subscription for a friend/relative.

New Subscription ❒ Renewed Subscription ❒ Gift for a friend ❒

Name of Subscriber ______________________

Address ______________________

City __________ Province ____ Country __________ Postal Code __________

Phone Number __________ E-Mail __________

If gift, please indicate from whom ______________________

Cheque or money order enclosed in the amount of $ ______ for ______ year(s)

Canada $25 a year, other countries CAN $35 a year - В Канаді $25 на рік, в інших країнах CAN $35 на рік

PROMIN - 10611 - 110 Avenue Edmonton AB T5H 1H7

фундація СУС в Канаді · SUS Foundation of Canada

SUS FOUNDATION OF CANADA

Established 1965

SUS Foundation of Canada is dedicated to the advancement of education and the preservation of the Ukrainian Culture in Canada. SUS Foundation has funded grants in excess of $1,300,000 to our Institutes, Museums, Youth Programs and Children's Camps. Every dollar donated to the Foundation strengthens its ability to increase the funding to your community.

president@susfoundation.ca

or

SUS FOUNDATION OF CANADA
620 Spadina Avenue
Toronto, ON M5S 2H4

SHEVCHENKO FOUNDATION

THE UKRAINIAN CANADIAN FOUNDATION OF TARAS SHEVCHENKO

Helping Ukrainian Canadians since 1963

What does the SHEVCHENKO FOUNDATION represent?

- commitment to community
- financial assistance for cultural development
- sound administrative management
- security and stability
- an investment in community growth
- a lasting legacy for future generations

Support the Shevchenko Foundation so it can continue supporting our community!

www.shevchenkofoundation.com
or contact
Ukrainian Canadian Foundation of Taras Shevchenko
202-952 Main Street Winnipeg, Manitoba
R2W 3P4 Tel 1-866-524-5314

RELIABILITY Since 1973

athens printing

COMPLETE IN HOUSE SERVICES
From Creative Design to Final Product
Black on White to Full Colour

PENNY SALE TICKETS

- Tickets of all Kinds
- Business Stationery & Forms
- Business Cards
- Labels & Stickers
- Brochures & Catalogues
- Newsletters & Booklets
- Invitations & Announcements
- Complete Bindery Services
- Layout & Graphic Design
- Also Continuous Forms

DIGITAL IMAGING
BLACK & WHITE FULL COLOUR

1480 Barton Street East, Hamilton, Ontario L8H 2W9
Tel: 905 549-6719 Fax: 905 549-7645 e-mail: info@athensprinting.ca

ARTIST IN THE SPOTLIGHT

Larysa Eliuk Matchak, Fine Art Painter

Artist's Statement:

Color, rhythm, contrast and forces of nature, all contribute towards the inspiration for my paintings. When I paint and express myself through art, I am able to experience a euphoric feeling of freedom and contentment. My paintings are characterized by vivid colors and bold expressive brush strokes. I rely on my Ukrainian heritage, extensive travel, nature and my surrounding environment for inspiration. I believe that we are all drawn to original works of art because they represent and radiate the soul and spirit of the individual who created it. Thus, through my artwork I strive to share my life and my spirit with others.

Biography:

In 2002, Larysa entered the Bachelor of Fine Arts and Design Program at the University of Alberta and studied Fine Art and Design. In 2006, she acquired a Bachelor Degree in Secondary Education with a major in Ukrainian Language and Culture and a minor in Fine Art. Shortly after graduating University, Larysa submitted an art portfolio to the University of Alberta and was accepted into atwo-month course in watercolor painting under the instruction of abstract painter, Professor Graham Peacock, which was held in Vico Equense, Italy.

Along with her current work as a High School teacher, Larysa has been painting and exhibiting her works for over ten years. Larysa has participated in many art exhibits sponsored by the University of Alberta, Edmonton Art Gallery, Alberta Council for Ukrainian Arts, The Harcourt House Gallery (Edmonton), KUMF Gallery (Toronto), solo exhibits, at conferences and festivals across Canada and in Europe. Larysa continues to explore new ideas and approaches to painting, evident in how her paintings have transformed and continue to push boundaries. Larysa Eliuk Matchak's artistic style combines raw talent with sensitivity to light, color, and emotion, which reveal a dream-like impression of the subject matter and bold interpretation of the subject.

Larysa recently completed a Master's of Education degree and currently lives and works as a High School teacher in Edmonton, Alberta, Canada.

Left: "Gladioli" Acrylic on Canvas

MRS MARIAN GORCHYNSKI
#210 - 100 CRUISE CRES
DAUPHIN, MB
R7N 3L6 5/1/2016

PM40011733 R09580
Return Undeliverable Canadian Addresses to:
PROMIN
10611 - 110 Avenue
Edmonton, AB
Canada T5H 1H7